

# HOMEMADE DOG FOOD RECIPES



[DOGINSIDER.COM](http://DOGINSIDER.COM)

## Table Of Contents

<b>Supplementation Is Necessary When Feeding Homemade Dog Food</b>	<b>5</b>
Protein	6
Fats and fatty acids	6
Carbohydrates	6
Fiber	6
Vitamins	7
Minerals	7
Water	7
<b>The Benefits Of Homemade Dog Food</b>	<b>8</b>
Customization	8
Whole Foods and Fresh Ingredients	9
Weight Control	9
Cost Savings	9

# Homemade Dog Food Recipes

Overcoming Picky Eating	9
Bonding Experience	9
Variety and Enjoyment	9
Healthier Ingredients	10
<b>The Potential Risks Of Homemade Dog Food</b>	<b>10</b>
Nutritional Imbalance	10
Contamination and Bacterial Risks	11
Lack of Expertise	11
Difficulty in Achieving Balance	11
<b>How To Make The Transition To Homemade</b>	<b>14</b>
Consult a Veterinarian	14
Gradual Transition	14
Monitor Your Dog's Health	14
<b>Homemade Dog Recipes</b>	<b>15</b>

## Homemade Dog Food Recipes

Turkey and Vegetable Homemade Dog Food	15
Beef and Vegetable Homemade Dog Food	16
Lamb & Brown Rice	17
Ground Turkey, Rice & Veggies	18
Ground Beef & Russet Potato	19
Beef and Sweet Potato Dog Food	19
<b>Homemade Dog Treats</b>	<b>20</b>
Peanut Butter Cookie Dog Treats	20
Frozen Pumpkin And Yogurt Dog Treats	21
Blueberry, Oats and Peanut Butter Treats	21

## Homemade Dog Food Recipes

In recent years, a significant shift has occurred in the way pet owners approach the nutrition and well-being of their beloved dogs. Gone are the days when the only option was to rely solely on store-bought kibble. Today, an increasing number of dog owners are turning to homemade dog food, seeking a more natural, nutritious, and personalized way to feed their furry friends.

There are a few reasons for this shift. First and foremost, there is a growing awareness of the importance of nutrition in a dog's overall health. Just as humans thrive on a balanced and varied diet, so too do our canine companions.

Homemade dog food allows owners to tailor their dog's diet to their specific needs, whether it be addressing allergies, managing weight, or simply ensuring a well-rounded intake of nutrients.

Recent years have seen a rise in concerns about the quality and transparency of commercial dog food. Recalls and scandals have led many to question what exactly is in their pet's food and who is overseeing its production.

By preparing meals at home, owners regain control over the ingredients and the cooking process, ensuring that their dogs are consuming only the best.

The movement towards homemade dog food is also part of a larger trend towards sustainability and ethical consumption. By choosing locally sourced, organic ingredients, dog owners can reduce their environmental footprint and support ethical farming practices.

This short guide is a response to the growing demand for guidance on how to prepare homemade dog food that is both nutritious and delicious.

It is a collection of recipes, tips, and advice to help you provide the best possible diet for your canine companion. Whether you are a seasoned cook or new to the kitchen, you will find everything you need to get started on this rewarding journey.

As you turn the pages, remember that the heart of homemade dog food is the love and care you put into each meal. It's about strengthening the bond with your dog, understanding their needs, and ensuring they live a long, happy, and healthy life by your side.

Welcome to the world of homemade dog food. Your dog's journey to better health starts here.

### **Supplementation Is Necessary When Feeding Homemade Dog Food**

Making sure your dog's dietary needs are met is absolutely essential for their health. This means you can't just feed your dog typical human foods, as this might result in a diet that's either incomplete or unbalanced.

You should always consult with a veterinary nutritionist to help you figure out the right amount of calories your dog needs to flourish, taking into account factors such as your dog's size and activity level.

A well-rounded homemade dog food meal should include a blend of protein, vegetables, grains, and healthy fats. To ensure the diet is complete and balanced, it's essential to add supplemental vitamins and minerals.



Here are key components of a canine diet:

### Protein

The ACVN states that dogs need dietary protein with 10 essential amino acids that their bodies cannot synthesize. This is vital for generating glucose, which is converted into energy. Protein sources include deboned and trimmed chicken and turkey; beef and lamb; limited pork; and various fish like salmon, whitefish, herring, walleye, flounder, and Arctic char.

### Fats and fatty acids

Animal fats and plant seed oils are the primary sources of fats in a dog's diet. These fats provide essential fatty acids that the dog's body cannot produce on its own. Fatty acids are important for cell function and structure, maintaining healthy skin and coat, and enhancing food flavor. Sources include corn, soybean, canola, and flaxseed oils, as well as fish oil.

### Carbohydrates

Carbohydrates provide a portion of a dog's energy and include sugars, starches, and dietary fibers. Common sources are rice, pasta, oatmeal, and quinoa.

### Fiber

Essential for a dog's gastrointestinal health and weight management, fiber can be found in carrots, pumpkin, apples, dark leafy greens, brown rice, and flaxseed.



## Vitamins

Essential for growth and maintenance, vitamins must be balanced as both deficiencies and excesses can be harmful. Dogs need vitamins such as A (found in carrots and pumpkin), B vitamins (found in liver, green vegetables, and whole grains), C (found in fruits, vegetables, and organ meat), D (found in liver, fish, and beef), E (found in leafy green vegetables, liver, bran, and plant oils), K (found in fish and leafy green vegetables), and choline (found in liver, fish, meats, and egg yolks).

## Minerals

Dogs require these essential minerals:

- Calcium (found in tofu, green beans, broccoli, and cauliflower) and phosphorus (found in meat and eggs) for bone and tooth health.
- Magnesium, potassium, sodium, and chloride (found in fruits, vegetables, and whole grains) for nerve function, muscle contraction, and cell signaling.
- Sulfur (found in meat, fish, and molasses) for healthy skin, coat, and nails.
- Iron (found in red meats and poultry) for supporting red blood cells and the immune system.
- Iodine (found in dairy, kelp, and seafood) for thyroid health.
- Zinc (found in eggs, lamb, liver, and brewer's yeast) for the immune system and skin health.
- Selenium (found in meat, vegetables, seafood, and brown rice) for immune system support.
- Copper (found in whole grains, seeds, and seafood) for healthy bone growth.

## Water

Often overlooked, water is a crucial component of a healthy diet for dogs. Ensure that clean, fresh water is always available, as no dog food contains sufficient water for your dog's needs.



When transitioning to a homemade diet, it's important to monitor your dog's response. Stay in contact with your veterinary nutritionist to discuss any changes, whether positive or negative, in your dog's weight or overall condition.

Regularly weigh your dog, at least once a week, to keep an eye on any unintended weight fluctuations. If your dog shows signs of illness, such as vomiting or diarrhea, this could indicate a sensitivity to one of the ingredients. In such cases, consult your veterinary nutritionist for guidance.

### **The Benefits Of Homemade Dog Food**

Making your own dog food at home can be a great choice for you and your pet. In this section, we'll talk about the many good things that can come from feeding your dog homemade meals.

You'll learn how homemade food can be better for your dog's health and how you can make meals that fit your dog's special needs and likes.

We'll go over the benefits of making your dog's food yourself and you'll see how it can help them feel happier, healthier, and full of energy.

Is it worth the hassle? We'll show you why it is.

### **Customization**

Homemade meals allow you to customize the food according to your dog's individual tastes, preferences, and specific nutritional needs.

## Whole Foods and Fresh Ingredients

Homemade dog food can be made from whole foods that are rich in fiber, nutrients, and free from preservatives, which can benefit your dog's digestion and overall health.

## Weight Control

It allows for better control over portion sizes and ingredients, which can aid in weight management and support joint health, potentially improving mobility in later life.

## Cost Savings

While the upfront cost may be higher, it could save money in the long run by preventing costly vet visits due to health issues related to commercial dog food.

## Overcoming Picky Eating

Customizing meals can help picky eaters become more adventurous and interested in mealtime.

## Bonding Experience

Preparing homemade meals can be a bonding experience for both you and your dog.

## Variety and Enjoyment

Adding variety to your dog's diet can keep them interested in mealtime and make it more enjoyable.



### Healthier Ingredients

You have control over the quality of ingredients, avoiding unsafe or unhealthy components found in some commercial dog foods. When done correctly, homemade dog food can be nutritionally balanced and complete, providing all the necessary nutrients for your dog's health.

It's important to note that while there are many benefits to homemade dog food, it's essential to ensure that the recipes are complete and balanced, and it's recommended to consult with a veterinarian to determine the appropriate recipe for your dog's specific nutritional needs.

Using safe, high-quality ingredients and adding necessary supplements are vital so that you can meet your dog's nutritional requirements.

### The Potential Risks Of Homemade Dog Food

Making dog food at home can be a great way to care for your pet, but it's important to know that there are some risks too. In this section, we'll talk about the things you need to watch out for when you're making your dog's meals.

You'll learn about the common mistakes people make and how to avoid them. By understanding these risks, you can make sure that your homemade dog food is safe and healthy for your furry friend.

### Nutritional Imbalance

Many homemade dog food recipes lack essential nutrients, and long-term feeding of an imbalanced diet can have serious health consequences, especially for puppies and pregnant or lactating dogs.

## Contamination and Bacterial Risks

Homemade dog food can be at risk of bacterial contamination if not handled and cooked properly.

## Lack of Expertise

Many well-intentioned dog owners who attempt home cooking make serious mistakes that can put their dog's health at risk, such as using unsafe or unhealthy ingredients and not following balanced recipes.

## Difficulty in Achieving Balance

It can be challenging to ensure that homemade dog food is complete and balanced, as it requires careful attention to ingredient selection, preparation, and portion sizes.

To mitigate these risks, it's important to use recipes from trusted sources, consult a veterinarian or a board-certified veterinary nutritionist to ensure the recipes meet your dog's specific needs, and carefully follow balanced recipes that include essential nutrients and safe ingredients.

Some common toxic ingredients to avoid when preparing homemade dog food include:

**Butylated Hydroxyanisole (BHA):** A synthetic antioxidant added to pet and other preserved foods, which can cause harm to pets.

**Corn and Soy:** These are popular main ingredients in dog food, but the majority produced in the U.S. is genetically modified and has been sprayed with potentially cancer-causing chemicals like glyphosate.

**Meat Byproduct:** These can contain harmful pathogens, chemicals, and even traces of euthanasia drugs, as they are often sourced from questionable origins.

**Carrageenan:** A common thickener, stabilizer, and texturizer found in many processed food products, which has been shown to cause intestinal ulcerations and gastrointestinal inflammation.

**Chocolate, Xylitol, Avocado, Grapes, Raisins, Onions, Garlic, and Macadamia Nuts:** These are all potentially toxic ingredients for dogs and should be avoided in homemade dog food.

It's important to carefully select ingredients and use recipes from trusted sources to ensure the safety of the food prepared for your dog. Consulting a veterinarian or a board-certified veterinary nutritionist can help in identifying and avoiding potentially harmful ingredients when preparing homemade dog food.

**Some alternative protein sources for homemade dog food include:**

**Soy:** A protein-rich food sourced from soybeans, commonly found in dog food.

**Quinoa:** A nutrient-rich grain that serves as a complete plant-based protein source.

**Buckwheat:** A gluten-free seed rich in iron, copper, and potassium, providing a good source of protein for dogs.

**Salmon:** Rich in essential omega-3 fatty acids, it can be a beneficial alternative protein source for dogs.

**Duck:** Higher in fatty acids than other poultry-based diets, offering a different flavor profile for dogs.

**Insect Protein:** Some recipes use insect protein as an alternative protein source, which can be sustainable and nutritious for dogs with sensitivities to traditional proteins.

When incorporating alternative protein sources into homemade dog food, it's important to ensure that the diet remains complete and balanced.

**Some common mistakes when making homemade dog food include:**

**Nutritionally Imbalanced Recipes:** Many homemade dog food recipes lack essential nutrients, which can lead to serious future health issues.

**Toxic Ingredients:** Inadvertently adding toxic ingredients to the dog's food, such as chocolate, xylitol, avocado, grapes, raisins, onions, garlic, and macadamia nuts, can be harmful to dogs.

**Protein is Too Fatty:** Using protein sources that are too fatty can lead to an unbalanced diet for the dog.

**Not Following Recipes:** Not following recipes precisely and making substitutions without consulting a veterinary nutritionist can throw off the nutritional balance of the food.

**Inadequate Cooking:** Not cooking the food thoroughly can lead to bacterial contamination and pose a risk to your dog's health.

To avoid these mistakes, it's important to use trusted recipes, consult a veterinary nutritionist, and ensure that the homemade dog food is nutritionally balanced and free from toxic ingredients.

### How To Make The Transition To Homemade

To transition a dog to a homemade food diet, it's important to do so gradually over several days to weeks to allow the dog's digestive system to adjust. Here are the general steps for transitioning a dog to a homemade food diet:

#### Consult a Veterinarian

Before making any changes to your dog's diet, it's essential to consult a veterinarian or a veterinary nutritionist.

#### Gradual Transition

For at least five to seven days, gradually mix in more of the new homemade food with the old food, allowing your dog to adjust to the change.

#### Monitor Your Dog's Health

Pay close attention to your dog's health during the transition period. Monitor their weight, body condition, and digestive health. If you notice any adverse reactions or digestive upset, consult your veterinarian.



### Homemade Dog Recipes

Here are some homemade dog food recipes that can help you ensure a healthy and balanced diet for your dog:

#### Turkey and Vegetable Homemade Dog Food

##### Ingredients:

- 2 pounds ground turkey
- 2 ounces turkey or chicken liver
- 1 medium carrot, chopped
- 6 ounces broccoli florets
- 1 large egg
- 2 ounces cranberries
- 1 medium apple, cored and chopped
- ½ teaspoon turmeric
- 2 teaspoons coconut oil

##### Instructions:

1. Melt the coconut oil in a large skillet over medium heat.
2. Incorporate the ground turkey and turkey liver, cooking until the turkey is thoroughly cooked and crumbled into smaller bits.
3. Toss in the diced vegetables, apple, cranberries, and turmeric, and continue cooking for an additional 10-15 minutes until they are tender.
4. Stir in the egg and cook for another 2 minutes, making sure to mix everything well.
5. Take the skillet off the heat and allow the mixture to cool down entirely



### Beef and Vegetable Homemade Dog Food

#### Ingredients:

- 2 pounds ground beef
- 4 cups uncooked rice
- 6 eggs
- 3 medium sized carrots
- 2 cups spinach
- 1 can pure pumpkin puree
- 1 tablespoon chopped fresh rosemary

#### Instructions:

1. Heat a large skillet over medium-high heat.
2. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes.
3. Drain and discard grease.
4. In a stockpot, add the cooked ground beef, rice, 6 cups of water, and rosemary and cook approximately 45 minutes or until the rice is mushy.
5. In a food processor or blender, add eggs (with shells) carrots and spinach. Blend until pureed.
6. In a large bowl, combine the egg puree mixture and the pumpkin.
7. When the meat mixture has cooked, remove from the stove and then add the egg and pumpkin mix to the hot ingredients.
8. Let cool completely before feeding.



## Lamb & Brown Rice

### Ingredients

- 1 lb ground lamb
- 1 cup uncooked brown rice
- 2 large carrots
- 1 cup green beans
- 2 tablespoons coconut oil
- 1 teaspoon turmeric

### Directions

1. Begin by peeling the carrots and slicing them into small pieces. Next, trim the ends of the green beans and cut them into bite-sized segments.
2. In a large saucepan, warm the coconut oil over medium heat.
3. Add the ground lamb to the saucepan, stirring occasionally, and let it cook for about 10 to 15 minutes until it's thoroughly cooked and no longer pink.
4. Stir in the brown rice, chopped carrots, a pinch of turmeric, and the green beans, mixing everything well.
5. Gently pour enough water into the saucepan to submerge the meat and vegetables by approximately one inch.
6. Raise the heat and bring the mixture to a rolling boil. Once boiling, reduce the heat, cover the saucepan, and let it simmer for around 30 minutes.
7. After cooking, remove the saucepan from heat and allow the mixture to cool down to a safe temperature before serving it to your dog.



### Ground Turkey, Rice & Veggies

#### Ingredients

- 3 lbs ground turkey
- 2 ounces turkey or chicken liver
- 1 ½ cups uncooked brown rice
- 2 medium carrots, shredded
- 3 cups baby spinach, chopped
- 1 medium zucchini, shredded
- ½ cup peas - frozen
- 1 tablespoon olive oil

#### Directions

1. Start by boiling 3 cups of water in a large saucepan, then cook the rice according to the instructions on the package. Once done, remove it from heat and set it aside for later use.
2. In a sizable stock pot or Dutch oven, warm the olive oil over medium heat. Add the ground turkey to the pot and cook it until it turns a nice shade of brown, which should take about 3 to 5 minutes. As the turkey cooks, remember to break it apart into smaller crumbles.
3. Next, mix in the spinach, carrots, zucchini, peas, and the cooked brown rice. Continue cooking for another 3 to 5 minutes, stirring occasionally, until the spinach has wilted and the entire mixture is warmed through.
4. Remove the pot from heat and allow the mixture to cool down to room temperature before serving.

You can substitute quinoa for the rice if your dog doesn't eat rice or it causes digestive issues.

## Ground Beef & Russet Potato

### Ingredients

- 1 lb lean ground beef
- 3 large russet potatoes, washed and diced
- 1 ½ cups green beans, chopped
- 1 ½ cups carrots, chopped
- 4 cups water

### Directions

1. In a large pot, bring the water to a boil.
2. Add the ground beef, diced russet potatoes, chopped green beans, and carrots to the boiling water.
3. Cook for about 15-20 minutes or until the potatoes are tender and the beef is thoroughly cooked.
4. Remove from heat and let the mixture cool.

## Beef and Sweet Potato Dog Food

### Ingredients

- 2 cups of cooked ground beef (drained of excess fat)
- 1 cup of cooked and mashed sweet potatoes
- 1/2 cup of cooked peas
- 1/2 cup of cooked carrots
- 1/4 cup of beef broth (low sodium)
- 1 tablespoon of olive oil



### Directions

- Brown and thoroughly cook the ground beef in a skillet.
- Drain any excess fat.
- Cook and then mash the sweet potatoes
- Cook the peas and carrots until tender.
- In a large bowl, combine the cooked beef, mashed sweet potatoes, peas, and carrots.
- Add the beef broth and olive oil
- Mix everything together well.
- Allow the mixture to cool before serving.

## Homemade Dog Treats

We all love giving our dogs treats but there have been many of these treats that have been recalled due to hazardous materials being used in them. You just don't know what's being put into these treats and they can make our dogs sick or gain excessive weight. When you make your doggie's treats yourself, you know exactly what's being put into them. We'll share a few of our favorites that are easy to make.

### Peanut Butter Cookie Dog Treats

#### Ingredients

- 1 ½ cups flour
- 1 cup no-sugar added peanut butter - (make sure there's no xylitol in it)
- 1 cup chicken broth
- ¼ cup Parmesan cheese



### Instructions

- Preheat the oven to 375 F.
- Dust countertop with flour.
- Roll out the dough to about ½” thick.
- Use a cookie cutter or spoon them onto a cookie sheet.
- Bake for 15 minutes or until lightly browned.
- Store in the refrigerator.

### Frozen Pumpkin And Yogurt Dog Treats

#### Ingredients

- 1 cup pure pumpkin puree
- 1 cup plain Greek yogurt (no sugar added)

#### Directions

Mix pumpkin and yogurt in a bowl and then portion into extra large ice cube trays and freeze for 24 hours. Simply pop them out as needed or store in a freezer bag.

### Blueberry, Oats and Peanut Butter Treats

#### Ingredients

- ¾ cup oats
- 1 cup blueberries
- 2 ½ cups whole wheat flour
- 2 eggs
- 3 tablespoons unsweetened peanut butter (make sure there's no xylitol in it)
- ½ teaspoon cinnamon
- ½ cup of warm water or bone broth (make sure it has no onion or other dangerous ingredients)

### Directions

1. Preheat oven to 350 F
2. In a large mixing bowl add the chopped blueberries, oats, flour, eggs, peanut butter and cinnamon and stir until thoroughly combined. If it's too dry, slowly add water or broth until it's a consistency that you can roll out.
3. Add a bit of flour to the surface and roll out the dough to about ½ inch thickness.
4. Using a cookie cutter or spoon, place on a cookie sheet that is lined with parchment paper or silicone mat.
5. Bake for 40 minutes until they are hard and crunchy.

Resources:

<https://doginsider.com>

<https://www.akc.org/expert-advice/nutrition/choosing-ingredients-homemade-dog-food/>

[https://nap.nationalacademies.org/resource/10668/dog\\_nutrition\\_final\\_fix.pdf](https://nap.nationalacademies.org/resource/10668/dog_nutrition_final_fix.pdf)



Dog Insider